

## **Method Of Treating Snoring And Other Obstructive Breathing Disorders**

### **ABSTRACT**

A method of pharmaceutically managing snoring and impaired breathing is provided. This invention relates to treating snoring, sleep apnea, and other forms of sleep-disordered breathing in those with or without symptoms of or the diagnosis of gastro-intestinal reflux disease (GERD). It comprises administration of a therapeutically effective dose of Prevacid (Lansoprazole) or any other medication that can be used to treat symptoms of hyper-acidity or gastro-intestinal reflux disease (GERD). The therapeutic medication may be used alone or in combination with other pharmacologic agents or mechanical modalities including but not limited to decongestants, antihistamines or mechanical nasal toilet. It also is of benefit in improving breathing disorders that are present while awake.